

# HELP IS HERE

Licensed mental  
health counselors are  
waiting - only a phone  
call or text away.

- Depression,  
Anxiety or  
Other Mental  
Health Issue
- Suicide  
Prevention
- Loss/Grief
- Bullying/  
Cyberbullying
- Drug/Alcohol  
Problems
- Self-Harm
- Relationship  
Difficulties
- Any Life  
Challenge

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**DOWNLOAD the FREE SafeUT App**

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- Start a chat with a  
crisis counselor
- Submit an  
anonymous tip  
to your school
- Start a call with a  
crisis counselor
- View existing  
chats & tips



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**Available 24/7 | Call or Chat | Always Confidential**  
Call SafeUT CrisisLine Direct – 1.800.273.8255

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utah department of  
**human  
services**

[uofuhealth.org/safeut](http://uofuhealth.org/safeut)